



Useful numbers and websites during Christmas School holidays 2020/21

As we approach the Christmas holidays some of our team go on leave and weekly check-ins with your Parent and Family Support Advisor, Family Support Practitioner or Medical Tuition may stop. We have put together a list of useful numbers and websites for you to use should you need extra support or guidance over Christmas. The whole Team will be back at the beginning of January.

Emergency numbers

Somerset Emergency Duty Line (out of hours):

0300 123 2327 (evenings and weekends) For any family in Somerset, you can speak to a social worker outside of office hours to report if you are worried about a child or if you feel in crisis and need urgent support.

Somerset Direct to report a safeguarding concern:

0300 123 2224 childrens@somerset.gov.uk If you are worried about a child or young person who could be in danger, please contact this number or call the police.

If you are experiencing domestic abuse:

Call the **National Domestic Abuse Helpline** on **0808 2000247** or visit www.nationaldahelpline.org.uk or contact [Somerset Survivors](#) on **0800 69 49 999**, open 8am-8pm Monday -Friday and 9am-1pm Saturday & Sunday.

Other useful numbers and websites

Citizen Advice:

www.citizensadvicemendip.org.uk (response with 4 days) Somerset Telephone Advice: **03 444 889 623**

Free, confidential information and advice to assist people with money, legal, consumer and other problems.

Fair Frome:

Tel: 01373 488578. Mobile 07714 587129 (open Monday, Wednesday, Friday 10am to 1.00pm). Local food bank providing food parcels and vouchers for local takeaways (in person or delivered).

Young Minds:

<https://youngminds.org.uk/> The UK's leading charity committed to improving emotional wellbeing and mental health of children and young people.

Kooth:

<https://www.kooth.com> A digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors.

Chat health:

<https://chathealth.nhs.uk/> Offers quick and confidential support to young people between the ages of 11 and 19. It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name. Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.

YMCA Brunel Group:

[Support & Advice - YMCA Brunel Group \(ymca-bg.org\)](http://ymca-bg.org) Online and physical support group and advice for 10 – 19 year olds.